

## Technology Use Guidelines for Children and Youth

Developmental Age	What?	Why?	When/Where?	How Long?
<b>Disconnect to Reconnect</b>				
<b>0-2 years</b>	No technology, not even passive TV.	Impairs social communication and parent/child attachment. Brain triples in size 0-2 years!	NA	NA
<b>Rough and tumble play ensures optimal development and learning</b>				
<b>3-5 years</b>	Pro-social TV only; NO multiplatform transportable devices (cell phone, iPad, laptop, hand held device).	Anti-social media and high speed media results in aggression and impulsivity.	During day only, in central living area, in presence of adult. Place lock on video games and pornography.	1 hour per day; no more than 20 min. at a time.
<b>1 hour "tech in" = 1 hour "tech out"</b>				
<b>5-12 years</b>	Pro-social media only; no multiplatform transportable devices; no media violence. Balance tech with social or physical activity; go outside!	Anti-social media and high speed media results in aggression and impulsivity. Transportable devices too hard to monitor.	During day only, in central living area, in presence of adult.	2 hours per day.
<b>1 hour per day (dinner) / 1 day per week (Saturday) / 1 week per year (holiday) "tech free"</b>				
<b>13-18 years</b>	Introduce cell phone, iPad, multiplatform devices. No online gaming or pornography. Create sacred time with no tech.	State rules of use; if broken, confiscate all tech for 24 hour period (or longer). Lock all tech up at night.	No tech during dinner, in car, or before bed.	2 hours per day. Monitor all computer homework.
<b>Build a Teen Playground in your community</b>				

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